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## Tall ships

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# INPORT NEWS

SERVING PORT COLBORNE • WAINFLEET • SHERKSTON • LOWBANKS • ISSUE NO. 28 VOLUME 14

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### HEALTH

## Ticks not increasing – but awareness is

**ALLAN BENNER**  
InPort News Staff

WAINFLEET — Peter Jokel doubts there has been an increase in the number of ticks in Niagara this summer.

see TICKS | A2

### HERITAGE: Doan family history dates back to American Revolution



**ALLAN BENNER** Staff photo  
Dan O'Hara, left, chairman of Heritage Port Colborne; Carissa Doan, 5, and Port Colborne Mayor Vance Badawey unveil a plaque commemorating Saturday's designation of the Doan Cemetery on the 2nd Concession.

## Port cemetery designated as historic

**ALLAN BENNER**  
InPort News Staff

PORT COLBORNE — The present-day Doan family shared some dark family history last weekend.

Peter Doan told a story about his ancestor Joseph Doan Sr., who was considered a notorious outlaw in the state of Pennsylvania.

During the American Revolution, Joseph Doan Sr. and many of his nine children were feared, hated and persecuted by their American neighbours because they chose to remain neutral.

He was arrested for high treason on June 15, 1778, and all his property was seized by the state. Many of his sons were hunted down and arrested for serving the British army as spies.

see CEMETERY | A2

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## ■ CEMETERY

# Recognizing forefathers

## FROM PAGE A1

A bounty of 300 pounds each was placed on their heads.

Several of them were executed. Moses Doan was shot through his heart after he surrendered. Levi and Abraham were tied to a cart and executed in front of a huge crowd of spectators, their brother Mahlon cut away flesh from his heels to slip his feet from the shackles and escape after he was captured.

But Joseph Doan Sr. and a few of his children made it to Canada. His son Aaron settled in what is now Port Colborne, and lived to the age of 88.

Last weekend, 166 years after Aaron Doan died, his weathered tombstone was

surrounded by a group of his descendants. His grave in the Doan Cemetery on 2nd Concession was the centre of attention during a ceremony to commemorate the history of that cemetery as well as the 95 people buried there.

Many of their grave markers, made of wood, eroded away long ago.

"Some of the family members located at this location, such as the Doan, Kinsley, Mitchner and Sherk — to name a few — are those of the early settlers of our community," Don O'Hara, chairman of Heritage Port Colborne, said.

He was there with Mayor Vance Badawey, Regional Coun. Bob Saracino, and others to unveil a plaque recognizing the historic significance

of the old cemetery. "In addition, what further increases the significance is that some of them, such as Aaron Doan, were United Empire Loyalists," O'Hara said.

"As you can see, some of the markers of these early settlers still adorn this site, and they are a reminder and a marker of our history."

Saracino said Port Colborne "has an abundance of history — history for all Canadians to be proud of."

Badawey said the event was a show of respect to "those who were the forefathers of Humberstone that eventually became the city of Port Colborne."

It was people such as those buried in the Doan Cemetery who "created the substance,



ALLAN BENNER Staff Photo

Bob Porter and other members of the Doan family place roses at the base of the tombstone of ancestor Aaron Doan during a ceremony designating the Doan Cemetery as historic.

the character and personality of our community," the mayor said.

The unveiling was held

in conjunction with a Doan family reunion, which brought together dozens of descendants of Joseph

Doan Sr. to participate in the plaque-unveiling ceremony.

abenner@wellandtribune.ca

## ■ TICKS

## The risk is minimal, but health officials still urge vigilance

## FROM PAGE A1

But the manager of environmental health from Niagara's public health department is pretty sure there's a lot more awareness about the tiny bloodsucking arachnids.

And that might not be a bad thing, he added.

Jekel said more people than usual have submitted ticks for testing to determine if they are the black-legged variety, (also known as deer ticks), that can carry Lyme disease, but that doesn't mean an increase in tick populations.

Instead, he attributes it to increased awareness as a result of recent media reports



Supplied photo

Shown is a deer tick.

about an established population of black-legged ticks in the Wainfleet Bog Conservation Area.

"I think it's a matter of increased awareness, not an actual increase in the

numbers."

Despite the black-legged ticks in Wainfleet, he said almost all the ticks that have been brought in for testing have been common American dog ticks. Of about 200 ticks that have been tested, he said only four were identified as black-legged ticks.

"So there's not really a health concern," he said.

But that doesn't mean people should drop their guard.

"Even though Wainfleet Bog has been identified as having an established population of black-legged ticks, you can pick up these ticks anywhere probably through-

out the region as well as all of Ontario."

For that reason, he said people should take precautions when visiting wooded areas, especially where there's long grass.

He said people should wear light-coloured clothing and check themselves after they return to see if they picked up any ticks.

Jekel said it's important to visually look over your body searching for them since people often can feel it when they're bitten. If people do find a tick, he advised them to carefully remove the parasite using tweezers, pinching down against the skin to ensure the

head of the tick is pulled out, too.

"If you have problems with that you can always seek medical attention to have the tick removed properly," Jekel said.

"People don't have to panic if they find a tick on themselves," he said, adding the black-legged ticks take a minimum of 24 hours to transmit the Lyme disease bacteria.

"And not every tick has it, and even if they do they don't necessarily transmit it," Jekel said.

He said black-legged ticks are generally smaller than the common American dog tick, and if you look at them under a microscope, their legs appear

to be black.

He said if anyone is concerned about a tick they've found, "we encourage people to bring them in to the health unit in a little pill bottle."

"Our staff can identify them, and if they are a black-legged tick we will send them off for verification testing and also to identify whether or not they carry Lyme disease."

Jekel said Lyme disease is easily treatable if diagnosed early enough, but if left untreated it can start to affect other organs in the body. It has led to cardiac illness in some cases.

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## portraits

■ TALL SHIPS

## Tall ships draw crowds in Port Colborne



DAVE JOHNSON Staff photos

A number of tall ships made their way through the Welland Canal in Port Colborne last week and drew a good-sized crowd of onlookers. At top left, a female figurehead is seen just below the bowsprit of the Dutch vessel Europa and, at top right, crowds gather around the same tallships, which was coming from a tall ship festival in Toronto. At right, the tall ship Unicorn, with an all-female crew, passes the Europa while it is moored to the canal wall. Below, the Europa crew rests on the deck area of the ship. The Europa was built in 1911 under the name of Senator Brookes at the Stulcken shipyard in Hamburg, at the request of the City of Hamburg. The ship was put into service as Elbe 3 lightship on the river Elbe, and later worked as a standby vessel. In 1986 the ship was brought to the Netherlands. Over a period of eight years, it was completely rebuilt and rigged as a three-masted bark. For more information on the ship, visit [www.barkeuropa.com/en/home/1-Tall\\_ship\\_barque\\_europa](http://www.barkeuropa.com/en/home/1-Tall_ship_barque_europa).



# INPORT NEWS

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## ourview

## Enjoy Canal Days

Canal Days is only two weeks away and the city and residents are gearing up for the annual event.

Last week, a sponsorship luncheon was held to announce the musical acts performing downtown and the ships coming to the city on the Civic Holiday weekend.

The Empire Sandy will be back once again, offering daily cruises and a Sunday night dinner cruise that is capped off by possibly one of the best fireworks shows in the region. We encourage those who have never been on a tall ship like the Empire Sandy, to get onboard and take one of the cruises. The city looks at lot different from Lake Erie. And if you can snag one of the Sunday dinner cruise tickets, even better. The fireworks show is amazing to watch from the deck of the ship.

Joining the Empire Sandy along the wall of the Welland Canal are two new tall ships, the Unicorn, sailed by an all-female crew, and the Lynx. The Canadian Coast Guard will have a vessel in port as well and Buffalo fire department's Edward M. Cotter fireboat will be back. The fireboat was the first to cross international boundaries to fight a fire and helped put out the massive inferno at Maple Leaf Mills (now ADM) in 1960.

The ships help showcase the city's marine heritage.

And speaking of marine heritage, we can't forget where the festival started—Port Colborne Historical and Marine Museum—in 1978 to honour the Welland Canal.

Residents who have never been to the museum should take the time to visit it over the four-day event.

Canal Days is a major fundraiser for the museum and people should help it out as it holds many interesting and unique artifacts from Port Colborne.

Our city has a rich history that the museum keeps for future generations to see and look back on.

After visiting the museum and ships, residents and visitors alike will be able to take in some top notch entertainment in the downtown core.

Trooper and David Wilcox perform Friday night and Big Sugar and Suzie McNeil perform Saturday night. All bands worth seeing.

We hope you'll join in the fun over the four-day weekend.

## I'VE BEEN THINKING

MAHLON MARTIN  
Portal Village Bible Chapel

Escapism can mean different things to different people. Some people may want to escape from reality and try to live in a world of pretence. This is a totally futile endeavor because life is very real and the choices we now make will affect us for eternity. In fact we will take ourselves with us and whenever we go so we will always have to live with ourselves.

On a hot and humid day we may want to escape the heat by finding a nice air-conditioned room. In winter time we may try to escape the cold by going to Florida only to find that Florida is also cool. When we return to Canada we find it is still much cooler. While we are in Florida we are sure we will not need the snow shovel. So we try to escape shovelling snow by going to Florida.

We will never escape the fact that we are always in danger. We do not have any guarantee for the future where this life is concerned. A friend of mine was shovelling snow and suddenly dropped. His neighbours picked up a corpse.

A few years back I sat with a briefed widow in the hospital helping her make funeral plans. Her husband was playing golf and suddenly dropped. After another occasion I was with a widow that had been grocery shopping. When she came

## PIETS

# The rare Spaniel breeds of group 1

The remaining spaniel breeds have been lost to popularity in other countries than Canada or the USA.

In the 1880s in England the small spaniels were divided by size. The smallest were known as the Fox Spaniel and the bigger ones were named Field Spaniels. The Cockers became very popular while the Field Spaniels because they were heavy and long, became unspeaking and unpopular. It wasn't until the 1950s that the Field Spaniel became a pleasing dog in type like the Springer Spaniel, but the Field Spaniel does not have the flashy black and white or brown and white colour they must be either all black, or all liver or black and tan. Although this colour may not be so attractive, but this is a fun-loving, easy going dog who loves the company of humans. This makes him a great family pet.

The French Spaniels came from France and were named for the french word "espanil" which means to flatter oneself or creep. When hunting, the French Spaniel

home she found her husband's remains in his chair. He had been working around the house. Another friend of mine was beside his swimming pool and suddenly dropped. In all these incidents none of these men had any previous heart problems. This why the bible says: "Do not boast about tomorrow, for you do not know what a day may bring forth." Proverbs 27:1 recently saw a vehicle recently carrying a napatel with "ESCAPE" printed on it. They were obviously saying you should use those wheels to escape on vacation and enjoy some new scenery. That reminds me what my nephew and I did for many years. Twice annually we would escape into the Huntsville area for a break.

The only foolproof approach to escapism is found in Jesus Christ. We need to call upon Him to escape God's wrath and judgment. The bible tells us to flee from the wrath to come. God is perfect and holy. Therefore His wrath is never seen at the expense of His love. Neither is His love ever seen at the expense of His wrath. Both are always in perfect balance.

"Come to me, all you who labor and are heavy laden, and I will give you rest. I will take your yoke upon me, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy and my burden is light. Matthew 11:28-30" Here the Lord Jesus is calling to all that

realize they are not perfect and therefore have been working real hard to make themselves presentable to God but finally they have learned that no one can ever do enough good works to enter heaven.

Being born into God's family is much more than escaping the judgment of God. It is rather choosing a life of daily fellowship with God. Listen to the words of Jesus: "I have come that they may have life, and that they may have (it) more abundantly" John 10:10. Hear the words of God in the old testament "Fear not, for I (am) with you; Be not dismayed, for I (am) your God. I will strengthen you, yes, I will help you; I will uphold you with My righteous right hand." Isaiah 41:10. I want you to notice those words were written to the persons that had chosen to make the God of heaven and earth their own personal God. God never fears Himself on anyone. We must choose Him to be our God. To procrastinate this inescapable decision is really choosing against God. We will still stand before God after we leave this life. The real question is: how will we meet Him? If we choose to have Him in our life we will meet Him as God, but if we choose to leave Him out of our life we will meet as God whom we must fear because He is full of wrath and condemnation. There is no middle road. The choice is all yours.



Sandie Bingley  
ITSA  
DOGS LIFE

would creep or crouch when they smelled the birds and the hunters would throw nets over the birds to catch them. French Spaniels are a medium size dog and look a little like a heavy boned Brittany Spaniel or a small English Setter without all the extra long hair. They are always white with brown markings and sometimes with small brown spots on their legs. He is a very willing worker, lovable, mild temperament and quick to learn.

The Welsh Springer Spaniel have been the favoured hunting dog in Wales for many centuries. They resemble the English Springer Spaniel except they are slightly shorter and a less powerful lighter. They have a flashy, silky red and white coat. They are compact, strong and active. They are loyal,

affectionate, and devoted to family. They are gentle with children and other animals but will bark when strangers knock at the door.

The Sussex Spaniel gets his name from Sussex in England where he was developed and used for hunting. He is low to the ground, long and heavy for a spaniel. But he was designed to force his way under and through heavy, thick brush to flush out the hiding birds. In order to not get lost while hunting he is slow and steady and has a strong, loud bark. They are active but not fast. They are devoted companions and willing to work all day.

Our final four sporting dogs are very rare and will be pretty hard to recognize their names. They are the Barbet, the French Brague, the Blue Picardy and the Spinoone Italiano. If curiosity gets the best of you, look these dogs up on the Internet to learn about them. These dogs would probably need to be imported from a kennel in France or Italy as there are few or none here in Canada.

Next time: Group 2 Hounds

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■ VALE: 'A big loud cheer'

# Businesses welcome end of year-long strike

ALLAN BENNER  
InPort News Staff

PORT COLBORNE — The end of the nearly year-long strike at Vale was welcome news to more than just the 120 striking workers at the Port Colborne nickel plant.

"I think a big loud cheer went up when everyone heard that news," said Mike Sloat, president of Port Colborne-Wainfleet Chamber of Commerce, referring to reports about the end of the strike.

Local businesses, too, are eager to welcome back the employees of the workers who have been on the picket lines since July 13, 2009.

"Obviously, they're going to start spending money again," said Sloat, who owns @27 Restaurant.

"It's great news, not only for the businesses in Port Colborne, but wherever else they go."

Sloat said several Vale employees have been regular customers at his restaurant, and he's missed them over the past year.

"Hopefully, we'll be seeing them again soon."

He said the economy has been hard on businesses that have been "feeling the pinch." The end of the strike is a bit of relief for them.

Port Colborne Mayor Vance Badaway counts many of the striking Vale employees among his friends. He said the past 12 months were "devastating" for them.

He said spending time with his friends who work at Vale allowed him to "experience with them the devastation they've been through."

"It's great news that they're getting back to work," he said. "When you're out of work, especially in this economy for a year, it really hits home."

Badaway, too, was happy that those 120 workers would

again be able to support local business.

"When you look at downtown across both Canada and the United States, there's no question they've

been hit by the recession.

The economy, the economic times, have without question impacted us here in Port Colborne, just drive downtown and you can tell," he

said.

"But a strike here as well does negatively impact business, especially the retail sector. With the economy rebounding now, and of

course the guys getting back to work, economically — especially for our downtown — it's good news."

abenner@wellandtribune



Vance Badaway

## LeafSource stops pain within days!

**"It works! I'll take another two bottles please!"**

This coming from a customer who had tried every other natural remedy under the sun in the past year to take away her pain. In, the owner of The Healthy Cupboard can't believe his story. He had finally found the perfect product to stop his customer's misery. This is what every owner of a health food store dreams about, a natural product that receives so many outstanding testimonials on such a wide variety of health issues. "I had recommended a new product called LeafSource, which we recently started carrying. We have had tremendous success with this product, and almost everyone we have recommended it to over the last few months has come back and thanked us over and over again!" said Bob, before they

LeafSource, the woman had complained about her ongoing joint pain and was at her wit's end. Although she had experienced some relief through the numerous natural remedies she had tried over the years, the pain would never fully go away. "She returned to my store, in tears, less than one week after buying LeafSource. I didn't know what to make of the woman standing in front of me crying, until she told me that within a few days of taking LeafSource her joint started to disappear and within a week it was completely gone - as if it was never there." Jan goes on, "This coming from a woman whose painful joints and ongoing sciatica were so bad just one week earlier that the pain was unbearable but now has completely subsided." By now you are probably wondering what is LeafSource and why is it so effective? LeafSource is a 100% natural product derived from a proprietary organic mineral composite with over ten years of university research. LeafSource helps regulate the inflammatory process and the body's ability to repair



itself. The vast majority (70-80%) of the population over the age of 50 have joint problems — often called osteoarthritis. This is due to the natural (or unnatural) wear and tear on joint tissue that develops through the aging process. With joint inflammation, movement is limited and pain can be constant. LeafSource seems to have the ability to help people get their mobility and zest for life back. Millions of people seek treatment for their joint and inflammation problems by resorting to expensive, toxic prescription drugs (i.e. NSAIDs) with multiple side effects. These range from nausea and vomiting to serious intestinal disorders (bleeding, gas) and even kidney and liver failure. Isn't that too large a price to pay for a little pain relief? LeafSource is a safe alternative to these destructive anti-inflammatory drugs that cause more problems than they solve. These are absolutely no side effects and there are inhibitors with any other medications. Controlled experiments and observations have revealed that LeafSource is a potent anti-inflammatory that has been shown to bring a reduction in inflammation and pain within a few days. People notice great results in terms of more energy and less pain by taking anywhere from 2 to 6 capsules/day, typical maintenance is usually 1 capsule twice daily. This product

gets results! LeafSource is scientifically validated through more than 10 years of research at 4 universities, including the Department of Pharmaceutical Sciences, Mercer University. Aside from its incredible anti-inflammatory and pain reducing ability, it has also been shown to improve the performance of your daily nutrition and vitamin programs. It helps increase the absorption of vital nutrients, which in turn helps these nutrients work better. Better absorption = better results! It's almost as if they have become supercharged! LeafSource has also been shown to help enhance energy levels, improve intestinal health, strengthen hair, skin and nails and improve immune function. To see someone go from intense pain to a new lease on life within a week is truly incredible. Imagine being able to move freely without pain. Who wouldn't want to get out of bed in the morning with more energy? It's amazing how much of this stuff we take for granted, until it's gone! Jan adds, "I often recommend that LeafSource be taken after other natural joint products in order to help them work better and provide even faster relief. One of the things I hear most often from people who have tried LeafSource is they just plain feel better, have more energy and less pain. We're so confident, we guarantee LeafSource 100%! That alone should be enough to try this incredible product."

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■ **PERFORMANCE:** Port's summer theatre delivering on a season filled with promise

# Showboat Festival: So far, so great

Showboat Festival Theatre's 2010 is at exactly the mid-way point and it's fair to call it an unqualified success so far.

Showboat has always been near and dear to my heart. I was honoured and privileged enough to sit on the board for a number of years before stepping off at the annual meeting earlier this year.

Tribune managing editor Angus Scott and I had discussed the idea of me covering this summer season for the paper and, of



**George Duma**  
BY GEORGE

course, the only way I could be sure to be disassociated myself completely from any direct connection to Showboat. Anything less would have constituted a complete conflict of interest.

As it is, I wondered if I would be able to approach the summer Showboat

season with neutrality. After all, I was part of the hiring committee — executive director Sue Patterson and fellow board member Beth Jeffery were the others — entrusted with finding and recommending to the board a replacement for artistic director David Savoy after he announced he was leaving for a career change. It was a daunting task.

However, we struck pay dirt when Thom Currie let it be known he was applying. We had no shortage of qualified candidates but in the end, we felt Thom's

previous connection to Showboat as an actor in previous summers gave him the edge. He knew Port Colborne.

We obviously made the right decision.

Last year, Thom's first at the helm, was one of orientation. He inherited a payroll put together by his predecessor and his was mainly a role of caretaker, of directing shows picked by someone else. Nothing wrong with that, but it's not the same as doing it all yourself with complete

artistic control.

In previous years, Showboat often presented at least one production, if not two. That means an outside organization brings it in, sets it up and does it all. This year, Thom's first full year where he has total autonomy, Showboat is producing all its shows. That means Thom picked all the shows, cast all the actors, is directing all the shows and is ensuring everything is staged in-the-round.

It was a matter of going back to what makes Showboat unique when compared to other summer theatres.

"I decided last year that we would be returning to our roots, to what makes the Showboat Festival Theatre

an original," Thom said

before the season started. "And so this year, we will be presenting the entire season in the round. It's what makes us distinctive and different. And that should be celebrated."

The first two shows, *Mamma's Country Dance Collection* and *Six Dance Lessons In Six Weeks*, have been outstanding.

As different from one another as two shows could possibly be, they have provided audiences with, to my way of thinking, the best entertainment value in Niagara this summer.

And there's certainly no reason to think the final two won't continue along those lines.

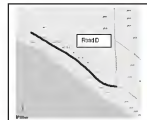
SEE THEATRE | A7



**TAKE NOTICE** that, pursuant to Section 48 of Municipal Act, 2001, the Council of The Township of Wainfleet, at its meeting to be held on **Tuesday, July 20<sup>th</sup>, 2010, at 7:00 p.m.** in the Council Chambers, Wainfleet Town Hall intends to pass a Consolidated Road Names Bylaw to establish all road names within the Township of Wainfleet.

One result of this bylaw will be the naming or renaming of some private roads within the Township of Wainfleet.

The private roads affected are as follows:



- To change the name of a portion of **Crescent Heights** to **Camolot Drive** The section of road being renamed is depicted on the map and is identified as **Road A**.
- To change the name of a private lane, west of Morgans Point Road to **Cook Lane**. The road being renamed is depicted on the map below and identified as **Road B**.
- To change the name of a private lane, west of Morgans Point Road to **Monarch Lane**. The road being renamed is depicted on the map and is identified as **Road C**.
- To change the name of **Bellevue Beach Road West** to **Beach Road West**. The road being renamed is depicted on the map and identified as **Road D**.

Persons interested in making representations on this matter are asked to notify the Clerk by completing a "Request to Appear as a Deputation" form, available on our website ([www.township.wainfleet.on.ca](http://www.township.wainfleet.on.ca)), or by contacting the Clerk's office. This form must be received by 2:00 p.m. Friday, the 16<sup>th</sup> day of July, 2010.

Dated at the Township of Wainfleet this 2<sup>nd</sup> day of July, 2010.

Scott Luey, Acting Clerk, Township of Wainfleet.  
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## THEATRE



Supplie/Photo

Actors J. Sean Elliott and Ingrid Bieleks dance through a scene from *Showboat Festival Theatre's* second production of this 2010 season, *Six Dance Lessons in Six Weeks*. The show runs until July 24.

## 'Wonderful theatre-going experience'

## FROM PAGE A6

Once elegantly hilarious and poignant *Six Dance Lessons* in *Six Weeks* closes on July 24, we can look forward to *Sitting Pretty*, a Norm Foster musical comedy, with music by Steve Thomas.

Foster is currently Canada's best-known and most

renowned playwright and his shows are always audience-pleasers. *Sitting Pretty* is no exception.

The season will wrap up with the timeless *Owl And The Pussycat*, a comedy written by American playwright Bill Manhoff. It's very funny.

So if you've been going to see the shows this summer,

enjoy the rest of the way. If you haven't yet been, treat yourself and go see *Six Dance Lessons* in *Six Weeks* before it closes next weekend and try and take in the last two. You won't regret it.

As Thom also said before the season opened:

"This is a very exciting time for *Showboat Festival Theatre*. We have a world-class company of actors, top-notch technicians and a newly renovated theatre. Mix this with a playbill that has something for everybody, from great music to romantic comedy, and one of the cheapest ticket prices in Ontario summer theatre.

"Put all that together with the great restaurants, the sights and amenities of Port Colborne, and you have a wonderful theatre-going experience."

That pretty much says it all.

George Duma is a resident of Port Colborne and has spent 30 years in the newspaper business. He is currently a member of the journalism faculty at Niagara College. He welcomes comments and column suggestions and can be reached at [gduma@coj.ca](mailto:gduma@coj.ca).



Supplied Photo

*Showboat Festival Theatre* artistic director Thom Currie has put his stamp on the summer theatre this year, producing all four of the 2010 season's shows.

LARRY BOGGIO  
R.P.H., B.Sc. (Pharm)

## Ask Our Pharmacists

DONNIE EDWARDS  
R.P.H., B.Sc. (Pharm)

### Tylenol/Ibuprofen/Aspirin

There is often a great deal of confusion when it comes to over-the-counter products that contain Tylenol (acetaminophen), Aspirin (acetylsalicylic acid), and Ibuprofen.

Ibuprofen and Aspirin are similar products. They are both part of a class of medications called non-steroidal anti-inflammatories (NSAIDs). They are good for treating fever, pain, and inflammation. These medications help with arthritis, dental pain, and pain from broken bones and sprains. Ibuprofen is the medication found in *Advil* and *Motrin*. There is a new medication available over-the-counter in Canada called *Alieve*. It is also a good anti-inflammatory medication and can be used for the above purposes.

Anti-inflammatory medications are quite effective and can often be used in place of narcotics for short term pain management. However, not everyone should be using these products, and most people should avoid daily long-term use. NSAIDs, with long-term use can cause stomach erosion, ulcers, and bleeding. For patients on warfarin they are particularly dangerous because they can further increase a patient's risk of bleeding. They can also raise patients' blood pressure and damage their kidneys.

Aspirin should not be given to children, asthmatics, or pregnant women. Some over-the-counter medications contain Aspirin and people may be unaware of this. For example, *Pepeto-Bismol* and some other antacids contain Aspirin. If you are unsure please ask your pharmacist if certain OTCs are safe for you.

There are number of arthritis nubs and creams available. Some of these contain Aspirin and other types of NSAIDs. If you are on warfarin or have problems with your stomach you should be careful with the use of these products. They still get absorbed in to your blood stream and can have negative effects.

In recent months there have been some media reports encouraging people to take 400mg of Ibuprofen twice a week for its general anti-inflammatory properties. It is thought that inflammation may be involved in the formation of some cancers, such as colon cancer, therefore taking Ibuprofen may play a role in helping to prevent some cancers. However, further research needs to be done in this area for confirmation of results and safety. It is also suggested that if you are at any risk for heart disease or stroke you take a daily 81mg Aspirin. Talk to your doctor if you think you could benefit from these preventative strategies.

Tylenol (acetaminophen) is used to treat pain and fever. Tylenol does not have the same anti-inflammatory properties that Aspirin or Ibuprofen has but it is safer for some people to take. For patients with arthritis who can't take NSAIDs it is the next best option. Tylenol is metabolized through the liver so it is best not taken by individuals with any type of liver disease. There is also a limit to the amount of Tylenol a patient should take in a day. People should not exceed more than four grams in a day. There are many cough and cold products that contain Tylenol. Please ask the pharmacist if you are taking multiple products.

Ibuprofen and Tylenol can be taken together. Typically Ibuprofen should be given every 6-8 hours and Tylenol can be given every four to six. If you have a young child with a high fever it is okay to give *Motrin* every six hours and the Tylenol in between. It may provide some additional benefit and keep the fever down for more people.

In general Tylenol, and NSAIDs are safe and effective for most people. These medications work very well and can provide much comfort and relief. If you are unsure what the best product is for you, your pharmacist will be happy to help you.

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## TOWNSHIP OF WAINFLEET PUBLIC NOTICE SPECIAL MEETING OF COUNCIL

Please be advised that Council for the Township of Wainfleet will be holding a special meeting on Thursday, July 22nd at 7:00 p.m. in the Council Chambers located at 19M43 Highway 3, Wainfleet. The purpose of the meeting is to review and discuss the draft Official Plan. Any inquiries with respect to this matter should be directed to

**Mr. Charles V. Miller,  
Manager of Planning at  
(905) 899-3463, extension 225.**

E4S1-1820



KAESHA FORAND Staff Photo

Torn Dening, Katie Shaughnessy and Ron Vermolen stand among thousands of donated items including mattresses, tables, chairs, couches, kitchen essentials and dressers that will soon find new homes with residents who can't afford to furnish their living spaces.

**KAESHA FORAND**  
InPort News Staff

**WELLAND** — One man's trash is another person's

treasure.

We've heard the saying in the past, and in the case of the Hope Furniture Bank, someone's gently-used furniture could help furnish an apartment or house for a family in need.

Since January 2008 the Hope Furniture Bank has furnished 289 homes in Niagara thanks to donations of tables, chairs, dressers, couches, love seats, mattresses, beds, bedding, towels and small kitchen appliances.

The non-profit organiza-

tion received funding from the Niagara Prosperity Initiative and is now able to hold community drop-off days to collect more furniture.

Katie Shaughnessy, marketing and events co-ordinator for the Hope Furniture Bank, is hoping to hold 12 events across the region this year to collect items in good condition. Through the prosperity funding, she hopes to furnish an additional 48 homes throughout the region.

see **FURNITURE** | A9

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## ■ FURNITURE

## FROM PAGE A8

On Sunday, July 18, a drop-off day will be held at Westside Arena from 10 a.m. to 2 p.m., in Port Colborne. On Sunday, July 25, a drop-off day will be held at Alexander Kusko School in Welland from 10 a.m. to 2 p.m.

The organization began as Families Helping Families, but was struggling.

With assistance from Gillian Kemp at the Brock University skill share program and a number of other supporters, the Hope Furniture Bank was created.

It now occupies a 900-square-metre space in an east-side building where hundreds of mattresses, tables, lamps, chairs, small kitchen appliances, bedding and

other household items are stored.

Clients are referred to the Hope Furniture Bank through organizations such as Ontario Works, Family and Children Services Niagara and Canadian Mental Health Association.

Clients who need the Hope Furniture Bank's services fill out a wish list of items they need.

Staff, including warehouse supervisor Ron Vermolen and Tom Denning, pick out items and deliver them to clients.

Niagara Fallsview Casino Resort is currently replacing its mattresses and has donated about 200 queen-sized ones to the organization.

But at times, space restrictions limit what

clients can have and they rely on the public for single mattresses, dressers, dining room tables and chairs, pillows and kitchen items.

Small kitchen appliances such as microwaves and toasters are accepted but are tested before they are accepted.

People who donate items receive tax receipts for fair market value of the item.

Shaughnessy said the biggest obstacle the organization faces is people not knowing about the service.

"People say, 'I wish I would have heard about

you a month ago because I brought stuff to the landfill'.

She recalled a recent client who received a kitchen table and bed, but the lady was more excited to have a kitchen table so she could have her nieces over for supper than she was to have a bed.

Some items of high value are auctioned and funds are used to purchase items for the furniture bank.

People who can't make it out to the drop-off dates can have items picked up by calling 905-356-7800 or by e-mailing hopefurniturebank@yahoo.ca.

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## ■ CANAL DAYS

# Cruise on a tall ship, see a Big Sugar show and learn history

KAESHA FORAND  
InPort News Staff

**PORT COLBORNE** — Canal Days is the signature event that celebrates the Port Colborne's signature waterway.

As the 'Port of Niagara,' the city has built its past and present industry around the canal, and no celebration honours its importance more than Canal Days.

This year's festival takes over the downtown Friday, July 30, to Monday, Aug. 2,

and will feature events for the entire family including vendors, buskers, concerts, tall ships, car and motorcycle shows and a kite festival. Last Friday, a Canal Days luncheon was held for the media, sponsors and city staff to promote the festival that will see a new wine and food garden added to the event menu.

Mayor Vance Badawey described the canal as a "man-made marvel that not only represents our past, but also our future."

"The canal passes directly through out city and people marvel at the passing lakers."

Canal Days Marine Heritage Festival began at the Port Colborne museum in 1978 to honour the Welland Canal.

It has grown over the years, eventually spilling out onto the streets of Port Colborne, including West St., where tall ships line the edge of the canal.

see CANAL DAYS | A12



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## ■ CANAL DAYS

# Wine garden added to this year's agenda

FROM PAGE A30

While browsing through the downtown core, Port Colborne Historical and Marine Museum will take visitors back in time with a variety of exhibits.

As in previous years, the Canada Coast Guard and Edward M. Corder fireboat will be docked along West St. with the Empire Sandy, the Unicorn (with an all-female crew) and the Lynx tall ships.

Empire Sandy will also have a number of cruises.

New to this year's event is the Twenty Valley wine garden on West St., which will feature wine from 13 of its area wineries and 25 different types of VQA wines, including some that are not available at the LCBO. Wines will sell for \$4, \$6 or \$8.

The market square

will again be converted into concert headquarters, where David Wilcox, Trooper and Suzie McNeil will perform.

The Saturday night's big concert will feature Big Sugar, who have reunited after five years and will make a special stop in Port Colborne during their exclusive five-stop concert series.

During the luncheon, volunteer awards were presented to Port Colborne Canadian Tire, Cogeco and fire prevention officer Mike Bendia for continuous support and volunteer hours which help the event run.

Canal Days volunteer Marianne Westergaard was also honoured.

She is one of hundreds of volunteers who help make the event possible.

kforand@  
wellandtribune.ca



KAESHA FORAND Staff Photo

This year's Canal Days Marine Heritage Festival will feature a wine and food garden with 13 Twenty Valley wineries offering 25 different wines, including some that aren't available at the LCBO. On Friday Mayor Vance Badawey toasted the new addition to the city's signature event with Twenty Valley general manager J.D. Pachereau and event manager Dorian Andrews.

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## Canal Days events

July 30

Retail vendors, exhibits, taste of Canal Days food courts, and the Canal Days golf challenge, mid-way rides and amusements. Trooper and David Wilcox take to the stages for an all-ages concert.

July 31

Canal Days craft show at the Westside Arena, motorcycle show and shine at F.H. Knoll Lakeview Park, Big Sugar and Suzie McNeil, Niagara Windmills kite night fly, Roselewn Centre has the Toronto All-Star Big Band will perform.

Aug. 1

The Canal Days car show, Canal Days Mountain Bike Race, Entridge children's area at the Seaway Park, Canal Days kite festival at H.H. Knoll Lakeview Park, history of railroad exhibit at the Royal Canadian Legion Branch 56, market square opens for a tribute feature night, boat parade of lights, fireworks

Aug. 2

The Covermans and the British Invasion Band perform, Port Colborne Lions Club car give-away, Showboat Festival Theatre duck race in the canal.

For a full list of events and more details, visit [www.canal-days.ca](http://www.canal-days.ca)

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## ■ CANAL DAYS SPONSORS



TD Canada Trust has provided a \$3,000 donation from the branch to support this year's Canal Days celebrations to be held July 30 to Aug. 2. Branch manager Frank Dedonato presented the cheque to Mayor Vance Badawey.



Dundee Wealth Management is lending a helping hand to this year's Canal Days events. Mayor Vance Badawey recently accepted the \$2,000 donation from staff members Dino Berardocco, Fred Pizzo and Gary Talosi.



Bank of Montreal is providing a \$3,000 contribution to Canal Days to help bring events and tall ships to the lakeside city. Mayor Vance Badawey accepted the cheque from branch manager Barb Barkwell.



Harvey's/Swiss Chalet is providing a \$1,000 contribution to Canal Days. The city signature event held every Civic Holiday weekend. Mayor Vance Badawey recently accepted the cheque from manager Cory Porter, Sue Napper and owner Tanja Schulz.

## ■ HEALTH

## Food-safety training could be mandatory

QMI Agency

ST. CATHARINES — Restaurants, hotdog vendors and even sandwich makers in Niagara could soon have no choice but to complete regional food-safety training to stay open.

Recently, the regional public health and social services committee passed a recommended bylaw that would require safety certification for retail food operations. The certification is voluntary now, but would become mandatory for anyone preparing food with a high to medium risk of carrying food-borne toxins.

If approved by regional council, the bylaw will require there be at least one certified person who prepares food at a restaurant or vendor to be on duty at all times.

## PCHE PORT COLBORNE CIVIC HOLIDAY FOUNDATION 2010 Cash Draw WINNERS

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\$2,500	Larry Rosnuk	2291
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\$100	Ken Dayblot	400
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\$100	Jessica McNeill (Group)	2564
\$100	Stella Richardson	2006
\$100	Denise Stewart	314
\$100	Anthony Mancino	747
\$100	Trudy Zutt	2432
\$100	Ed Neal	1319
\$100	Nathalie Guillemette	2707
\$100	Evening Optimist Club	1389
\$100	Dante Brema	1940
\$100	Bev Brennan	1528
\$100	S. Petrie/M. McLaughlin	2043
\$100	Jamie Morris	1141
\$100	Cathy Anderson	513
\$100	Anne Longval	987
\$100	Diane Rosamond	1517
\$500	Flora Di Nobile	EARLY BIRD

### What is the importance of healthy eating for denture wearers?

The relation between significant tooth loss and the ability to chew fresh fruits, vegetables and meats, has a great impact on the nutritional value of one's diet. Toothless or partially edentulous individuals are at a higher risk of malnutrition. Edentulous individuals with poor nutrition intake may be at higher risk for a variety of diseases. For example those who consume little vitamin A are at a higher risk for various forms of cancer, heart disease and rheumatoid arthritis. Similarly the dietary deficiencies of vitamin E are associated with various cancers, heart and Parkinson's Disease and low vitamin C and thiamine levels lead to a reduced immune system function, cardiovascular disease, hypertension and nausea, constipation as well as appetite and weight loss. Another ill effect of a low nutrient diet is a loss of muscle mass and strength caused by inadequate intake of protein, which could further increase frailty. An increased intake of fat and cholesterol observed in toothless patients have been associated with obesity, diabetes mellitus, as well as arteriosclerosis.

### What can I do to prevent any of this happening to me?

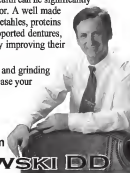
Considering the vast implications of a low nutrient diet, it is worth acknowledging that nutritional balance and good health can be significantly improved and restored with the use of a well made denture, and a vitamin supplement regime planned by your doctor. A well made denture, will allow you to introduce back into your diet all the nutritionally laden foods such as fresh fruits and vegetables, proteins and nuts that were avoided when chewing with an ill-fitting, poorly designed denture. Individuals with implant supported dentures, greatly improve their food choices by including more hard to chew foods that are rich in nutrients, therefore greatly improving their health status.

To switch to a more balanced diet may be as easy as having well fitted dentures, that allow for improved chewing and grinding function. The ability to better chew fruits, vegetables, meats and nuts will increase your nutrient intake and may decrease your risk of various disease. For more information see your Denturist.

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■ **VICKI VIRZI:** Former Port Colborne resident's first book nearly 20 years in the making

# Class assignment graduates

ALLAN BENNER  
INPort News Staff

PORT COLBORNE — It was just a class assignment that Vicki French was writing for her Grade 11 English teacher at Port High 20 years ago.

Her teacher asked the class to create an environmental-themed poem, or picture, "but I chose a book," she said.

The then 17-year-old was very proud of that illustrated story she wrote called *Sunny Seagull's Journey*. It was about two 10-year-old girls who met a talking seagull who taught them all about the environment.

The story even won second place in the Martin Drysdale Competition. A boy who drew a picture of the world in flames claimed first that year.

She was so proud of that story that she sent it to her self via courier, because she couldn't afford \$5,000 at the time to get it legally copyrighted. She kept that story safe within its sealed envelope when she left Port Colborne to study hotel and restaurant management at Huronville College. The story was tucked away as she started her career in that industry. The story was very hidden away when a past marriage changed her name to Vicki Virzi.

From time to time, she said she would think about that old story, "dreaming that it would be published."

Not long ago, Virzi stumbled across that unopened enve-

lope containing the story she wrote 20 years ago while cleaning her Brantford home. After she rediscovered the old story, she said her boyfriend Todd Gardner asked her what her dream was.

"I said, 'Winning the lottery.'"

They laughed, and he then asked her for "an attainable dream."

She told him she wanted to publish her children's book. He loaned her the money to make that dream come true.

Virzi hired Daisy May Publishing in London, Ont.

But things have changed since the original story was written, and it needed to be updated. Back then, Blue Box recycling was only just getting started, and no one was concerned about the plastic bags handed out at grocery stores. And seagulls, she said, are dirty birds.

Virzi said the publisher at Daisy May, Pauline Cormier, asked her, "How can you teach children to reduce, reuse, recycle with a dirty bird?"

Sammy the Seagull became Paddy Pelican, a few paragraphs were added talking about such things as recycle bins and reusable grocery bags, her original pictures were replaced with new ones created by J. L. Cormier, and the title was changed to *Help Save the Environment*.

But with those few exceptions, it's very much the same story she wrote 20 years ago.

"Paddy Pelican swoops

down and he teaches the children to reduce, reuse and recycle and that we need to plant trees."

The two girls, Jessie and Sara, write a letter to the mayor telling him that we need to do something about this to save our environment. The mayor writes back giving them some ideas, and the girls get to work to clean up the environment.

On Saturday Virzi was back in Port Colborne, a place she called home from the age of three until 18 when she left for college.

Her first memories of Port Colborne were watching older children jumping from rooftop to rooftop after the Blizzard of 1977 blanketed the community with snow.

Virzi returned to Port Colborne to visit her best friend Teresi Teasdale and to show her the first copy of her book.

Teasdale invited her back to Port Colborne again for Canal Days.

The invitation brought back pleasant memories for Virzi, memories of hot summer days spent among the crowds along West St.

And since her children's book had its roots in Port Colborne, having her first book-signing during Canal Days seemed like a great idea.

Virzi will be signing copies of her book at 281 King St., across the road from the museum. She'll be there for all three days of the festival, July 31-Aug. 1.

"To be able to have my first book-signing here in town is



ALLAN BENNER/Staff Photo

Former Port Colborne resident Vicki Virzi holds a copy of her first children's book, *Virzi, who now lives in Brantford, will return to her hometown for a book signing during Canal Days.*

very exciting," she said.

"I never thought in a million years, I'd be sitting here right now looking at my book, and knowing that a little child's going to read it. It's unbelievable."

Back in Brantford, Virzi is already making plans to share her book with people in that community, too, such as reading to children at the school and day care her eight-year-old son Nicholas attends. She's also finalizing plans for other readings and book-signings in Brantford.

By the end of this month, she said the book will be available online by visiting the Daisy May website: [www.daisymay.ca](http://www.daisymay.ca).

It sells for \$9.95. At that

price, she'll need to sell all 500 copies of the book's first printing, and then some, before she breaks even.

Virzi said the story sends an important message to children.

"I want children to learn to reduce, reuse and recycle. Many kids don't have an idea of how very important it is. We didn't know that when we were kids," she said.

Virzi said she's also contacted such government agencies as Environment Canada for help getting the book out to readers.

"I would like this to go as far as it needs to so that children will read this, and see how important it is."

Virzi has two more children's

books she'd like to publish. She wrote those while away at college. But she won't allow any changes to those books, which both have a Christmas theme.

She said her late mother Carol Ann French helped illustrate one of those books, and she wants that book to say "written by myself, and illustrated by myself and my mother."

Virzi wishes her mother would have lived to see the book.

"She would have been ecstatic."

Virzi said she's also planning to write a book for adults, but right now she's just focused on *Help Save the Environment*.

[abenner@wellandtribune.ca](mailto:abenner@wellandtribune.ca)

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■ **CITY COUNCIL:** Big hopes for nine-storey hotel proposal

# New hotel could be 'stimulus' for the city

MARYANNE FIRTH  
InPort News Staff

PORT COLBORNE — Expectations are high for the newly proposed nine-storey hotel in Port Colborne.

A special meeting of council was held last week regarding the proposed zoning bylaw amendment

for the property on the corner of Hwy. 3 and Hwy. 140.

Zoned as light industrial, the property must gain council's approval for a hotel development on site.

If approved, the hotel will contain a minimum of 120 units, as well as a com-

mercial-industrial plaza.

The project is being brought forward by Tom Rankin, of Port Colborne Quarries Inc., which owns the land at the corner of the two highways as well as the large quarry area that sits behind it.

Mayor Vance Badaway

said he appreciates the faith Tom Rankin has in the city, showing confidence in Port Colborne "in terms of the bigger picture."

"This project will hopefully instigate other projects of its kind in the future."

see HOTEL J16

## Township of Wainfleet



### Official Plan Update "NEW OFFICIAL PLAN" OPEN HOUSE

The Township of Wainfleet Official Plan is currently being updated. An Official Plan is a policy document that determines how to manage land and resources within Wainfleet to ensure a healthy and vibrant community. Public input is an important part of the multi-step Official Plan process. A number of Public Workshops were held in 2009. Also in 2009 "Background" information respecting the Township, including input from previous public meetings, was compiled by the Township's consultant Sorensen Gravelly Lowes Planning Associates into an "Issues and Opportunities Report" which is available on the Township web-site (see below).

In 2010 the consultant prepared a "Policy Directions Report" which recommends policy directions for a new Township Official Plan intended to address the identified issues, opportunities and options. The "Policy Directions Report" was the subject of public and agency review/input in May and June. The "Policy Directions Report" is dated April 2010 and is also available on the Township web-site (see below).

The consultant has now prepared a "draft" new Official Plan for the Township. You are encouraged to review the document and provide comment, if any, which can be done as noted below. The new Official Plan will be the subject of a formal "public meeting" in August. In order to provide opportunity for you to ask questions about, or to make comment to, the "draft" Official Plan in an "informal" setting, an "Open House" will be held at the time and date below. The Open House will provide any interested parties access to the Consulting team and Township staff.

## OPEN HOUSE

**Thursday July 22, 2010**  
**Council Chambers, Township Building**  
**19M43 Hwy #3**  
**Wainfleet, Ontario**

**1.00 pm to 6.00 pm**

The "Draft" Official Plan and Schedules is available for review on the Township website ([www.township.wainfleet.on.ca](http://www.township.wainfleet.on.ca)) or at the Township Office during regular office hours. Comment or questions respecting the Official Plan can be made at the Open House or by contacting Charles V. Miller, Manager of Planning, at the Township Office (905 899-3463, ext. 225) or [planning@township.wainfleet.on.ca](mailto:planning@township.wainfleet.on.ca).

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## ■ HOTEL

## FROM PAGE A15

Rankin spoke briefly at the meeting, saying the quarry area behind the proposed hotel has a lot of potential to become a tourist destination in itself if properly marketed.

The quarry contains fossils that are upwards of 300 million years old, he said, adding there's a niche market there to draw people in.

Ward 2 Coun. Frank DiBartolomeo said there's been a lot of excitement in the city since news of a

proposed hotel first broke. He asked when that excitement might come to fruition and development start if the project was approved.

Dennis Savriga, who also spoke on behalf of the application, said it's "difficult to state" when the project would begin construction as "most developers don't want to consider land until it's zoned."

Before approaching the board with the proposal, Savriga said the zoning bylaw must first be in place.

Ward 3 Coun. Gary Bruno

said crews have done a "fabulous job" thus far clearing up the quarry and the frontage of the property.

He asked Savriga what potential there is to develop other areas of the 14-acre site.

Because of the site location, at the "gateway to the city," Savriga said the property can be used as a stimulus to bring people to the area.

Potential for development on the property beyond the hotel is on the minds of the developers,

he said, though it may take years to clear additional areas of the quarry.

Savriga said the hotel will be an asset to the city, becoming a destination for people from within the community and those travelling to or through Port Colborne.

The hotel will provide accommodations for those visiting and competing in events at the new Health and Wellness Centre, as well as a place for local businesses to host meetings and conferences, he said.

"It will bring in bus tours,

something we feel the town is missing out on."

Roseann Shields, who lives across from the quarry, said she was highly skeptical of the project when she first learned of the proposal.

Since Rankin has taken over the property, however, her experiences have been "nothing but positive."

A committee was set up to listen to the concerns and questions of residents, which she greatly appreciated, she said.

"They listened to use,

we felt welcomed. ... Everything we were told they would do has been done."

Terin Robins, who lives across from the proposed site, shared concerns about having a 120-unit hotel in his front yard. He'll not only see the large hotel each time he leaves the house, he said, but will have guests overlooking his home and backyard from the upper levels.

"I moved here because it's quiet. Now it ain't," he told council.

mfrthr@wellandtribune.ca



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## ■ HIGHWAY CONSTRUCTION



DAVE JOHNSON Staff Photo

A road-grinding machine tears up the pavement on Hwy. 140 near Forkes Rd. E. last week. Hwy. 140 from Second Concession in Port Colborne to the railway tracks in Welland is being repaved this summer and fall by St. Catharines-based Rankin Construction.

## ■ WIGS FOR KIDS



Supplied photos

Chase Griffin, 14, top photo, a Port Colborne High School student, and his father Bill, bottom photo, show the piles of hair cut that took a year to grow. The Griffins decided to grow their hair for Wigs for Kids about a year ago in honour of family members who survived cancer or died from the disease. They also raised extra money for Wigs for Kids, too.

